

Research Quarterly. Oct/41.

Lee - An Competition - Conducts of Sports Awards & Point Systems

Agnes Weyman -

Women & Athletics

Tails " Green pamphlet.

74th Service Bulletin - Amest. N. A. A. & Women's Division.

National Society of Director P. E. for College women

A Council of Catholic Women

71. Fed of State High School, Athletic Assoc.

Nat. Sci. Assoc.

Y. W. C. A. - Y. W. H. A. ^{club}

Competition - (1) Treated as most constructive factor in play, as they played.

What Sports Should Girls Not do:-
Pole Vault.

Platform - Women's Division - M.A.A.A.
Girls' H. Assoc. for Point System -

Heart & Brown - Stunts.

1. More trained women leaders.
2. Med. Exam by participating.
3. Act adapted to girls structure & function - also public opinions.
4. More informal play & competition - less championships & records.
5. More facilities in our locality - public.
6. Better publicity & improved pub. opinion.
7. Preventing exploitation of girls.

Preparation of Interannuals Act.

~~Preparation~~
A Instruction

B Before school, after or at noon.

C Organization of teams within required classes
if equipment & space.

B Divisions of Girls into Teams.

a) Arbitrary - ability don't represent spec. unit.

B

How to Study.

Effective study: quality & quantity.

1. Acquisition of information and knowledge.
- Experimenting -
2. Develop many techniques or abilities.
3. Seeing the goal toward which one works.

Necessities.

1. Effort - focus attention & direct energy.
2. Satisfaction.
3. Practising persistently. (Drill)

1. Clear cut purpose.

Reading & lectures & class discussion = learning. Acquired knowledge from essays, experimentation.

Skills not always active.

Skill in taking notes. Written or oral expression. Be discriminating. Perceive accurately. Evaluating. Organize materials. Thinking creatively. Technique of solving problems.

Note Taking.

Purpose - Reference. Condensed form. After - mental process. Concentration.

Aid to Memory -
Reviewing.

Chance to organize whole course of study.

Preparation for themes, etc.

Professional growth in writing.

Good notes:-

Brief & to the point.

Abbreviations.

Neat.

As some subp. more detail than others.

Won't take down stories.

Well organized.

Understandable.

Emphatic things.

Well spaced.

One topic on one page.

Loose leaf or cards. (flexible.)

Space for personal comments.

Annotated.

Summary. 2nd form of note-taking.

Short Quotation 3rd

Bibliographical - 4th - comprise author, title, Name of Publisher & Place.

Date of publication - No. of pgs. & price.

Brief summary on card & own estimate & why.

Marginal lines in text books.

Conditions for Effective Study.

1. General environment. - Arrange place for least amt. of distraction.

(A) Noise - not helpful.

(B) St. traffic & regular noise.

(C) Cluttered room.

(D) Air.

(E) Temperature. Moisture is possible. 68°

(F) House & sufficiently warm

2. Personal adjustments

(A) Habitual S

Felt work.
Soap Carving.
Fancy Knitting.

Soap Carving - Ivory Booklet by company for suggestions
Nad pick handy.

Painting silhouettes on Glass - Make paint stick
on glass. If glass painted with
alcohol before first prevents brush marks.
If "perfection" stressed - tremendous results.
Enamel paint - sometimes oil. Painting
on celluloid. Cork place ~~of~~ mats.
Venizors - passepartout for decorating
outside of pictures. Sticky on one side.

Wood Work - Buttons - Saw + little sand
paper. Drill to make holes.
Button molds - paint on them. Sometimes
used for dresses - fill hole with piece
of material of dress make knot & sew to dress.
Polem poles. Reeves - For. Catons carry them
for naphin rings.

Pottery - Clay - Glazed with kiln

Necklaces from bottle tops.

Raffia - 50-150 lb. Work with raffia used.
Reed used. Boxes for basketry cheap.
Woolen beads odd.

Macramé knitting - Stiff string. Put on nails.
Various colours add to work.
Make loop over belt buckle

Beads - Buy & paint. Thread if desired.

Weaving - Can be beautiful. Scarfs made for
skiing. Room helpful. Inexpensive.
"Lined of All Arts" Box 46 Blois W. Tor.
They will give info. Belts.

Knitting - Shaping, narrowing, etc.

Shells - Costume jewellery. Paint them & shell.
Pretty designs.

Pine Cones - Place cards - decorations, etc.

Can
Tex Craft - Spattered prints. Take newspaper
& spread around. Klemo or leaves on
piece of plain paper. Size & shape
of finished picture. Use poster paint.
Practically like water. Use old tooth
brush & put in paint & splatter over
design. Often sieve is used to give
better pattern. More than one working
to-gether.

Book Ends - Plaster ^{of Paris} - Use part hand & part
of wrist.

Slipentines - Coasters or dishes. Use various colours.
the chalice.
Q75 Gather clippings & collections.

● Dynamic Capacity of trained mus increased
Also increased ability to buffer lactic acid

Physical T. leads to :- (within body)

1. Lower respiratory rate - more efficiently.
2. Increased vital capacity - Can cope w more O_2 at the end not breathing so quickly.
3. Given task requires less air.
4. Because of reserve wider margin of safety.
5. Greater O_2 ^{carrying} capacity of red b. corp. - means less acid accumulating in tissues.
6. Resting pulse rate slower but output of heart greater - also margin of safety.
7. Quicker return to normal - Heart strengthened

Co-ordination of Res & Cir. system.

Stiffness - Mus Fever.

Fatigue products build up in mus fibres. On stopping ex hard then mus tries to get rid of waste - blood vessels are dilated & now they constrict. Waste poisons tissue & there is

● actually a fever in "

When stiff - do same thing but not too strenuous - this stimulates blood supply & wastes & carried away. - Heart can also do this.

Over-training - Too much becomes stale - causes psychological & physical stand still.

Re-training - gradual.

Warming Up - Improves General circulation & that removes danger of early contraction & cramps. - Slowly & gradually. These happen.

1. Slight rise in B. temp.

2. The chemical changes take place better at higher temp.

3. Muscle tones better.

4. Response strengthened.

5. Relaxation speeded up.

6. Viscosity lessened.

Ventilation better after Warming Up.

Practising - "traps"

Leading work according to strain on various systems. - Build up - etc. etc.

Endurance - almost all physical act.

That extravagant of ex - speed - quickly build up of debt & keep it as long as possible. Stop extravagant use of energy - class.

Strength - not inadvisable -

Skill - high amt. of co-ordination. Good & one

Alertness -

Attention - Fatigue after 15 or 20 minutes

Every type has own place. No one exclusive place. Should be varied.

Age

Sex.

Occupation of Individual.

L. Aughton

BRANKSOME HALL PHYSICAL EDUCATION REVIEW

Varsity Arena
Tuesday Evening, April 29
1941

Under the direction of
MISS BETTY GUNSAULUS
MISS LEE EVANS

PROGRAMME

It has been our custom for a number of years to present a Review of the work of our Physical Training Department. This is not a Display or a Demonstration of our best work, by a chosen few, but simply an Annual Review of the work of the Department, every girl taking part in as many numbers as possible.

1. GRAND MARCH The School
School Song

2. GYMNASTICS Junior I

3. OXEDANSEN Forms I & II

4. GYMNASTICS Junior II

5. THE WARRIORS Forms III & IV

6. GYMNASTICS Intermediate
Senior III
Junior IV

PERFORMERS

7. VAULTING Special Group

8. OLD MAC Special Group

9. CLAN GAMES

MacGregor	Douglas
MacAlpine	Stewart
McLean	Campbell
McLeod	Ross

10. ENGLISH COUNTRY DANCING
Forms V & Specials

11. FUNDAMENTAL GYMNASTICS Senior School

12. SQUARE DANCING House Girls

13. FINALE The School

God Save The King

Gym - I. I.

5 stepping plain in circle.
" back.

Movement like T. oad.
Hickory from back.
Jumping on spot.
Crouched post as arms circle.
Some saute for'd. - Hand stand

Olden - Forms I & II.

Jumping & post.

Hand.

Gym - I. I. II.

Why in circle to get formation.
New. cov. "Change"

High & cat.
Napoleon.
Bicycle.
The sea. Ocean is stormy.
Forme with legs & chin for'd all.
70 & roller & hand stand.

The 12 series - Forms III & IV.

Gym - Sr III Inter.

Pr. IV.

Forming on forms.

One on to side & down with claps above head.
One leg on form swinging outside arm in front over head.
Bouncing jumps along form.
Balance walking on upturned forms. leg bending & stretching.
Head stands.
Hand Squat then on horse.
Hips.
Shooting with single.
Head stands & hand. roller.
Counter walking III.

Bentling -

Running along form with spring between each.
1 into air 2 in 3's. Short from balance.
with "Hollow" equal then 2 people on both.
Spring over person on horse.

Old Mac - Rather like a jack ^{few} top steps

James - Relay - jump over back & crawl
backwards third legs.

Run to the turn & sit down bag up & bounce then
run back & touch next person in line.

Voluntary Dance - Forms by Specialists.

1. Black Rag

3. 2

Fundamental Gym. - Seniors

Coxy arm swing forward & up.

Leg Charing

Squat sitting & arm swinging

Leg tapping sideways with jump

Spine bending

Trunk bending with floor tapping

2g. swing & kneeling & position

Shoulder tapping bending & stretching

44. Tapping side & feet

Square Swing

Prone & fall post. followed by knee

Patrol

Spine bending & stand position

Horizontal 1/2 stand leg

Double flexion

Square Dancing - Dip.

Below 13g.